

I CLAIM:

1. A finger guarding device, in combination
 - a) a culinary finger guard plate,
 - b) two finger guards upstanding from a side of the plate and having spacing therebetween to receive a user's middle finger to extend generally parallel to the plate,
 - c) each finger guard having a finger retention portion overhanging the plate to provide adjustable spaces to receive the user's first and third fingers, between said overhang portion and the plate.
2. The combination of claim 1 wherein said finger retention portions are arcuate and have concave sides facing the plate, each guard having a terminal spaced from the plate, whereby each guard has cantilever support by the plate.
3. The combination of claim 1 wherein the plate has a concave side facing toward the finger guards.

4. The combination of claim 2 wherein the plate has a concave side facing toward the finger guards.

5. The combination of claim 1 wherein the guards have generally parallel projecting portions defining said middle finger space therebetween.

6. The combination of claim 1 wherein the plate and guards consist of molded plastic material, the guards sufficiently thin to flex toward one another in response to first and third finger sideways pressure exertion.

7. The combination of claim 6 wherein the plate and guards are integral.

8. The combination of claim 2 wherein the two guards are configured to flex relatively toward one another to sidewardly grip the user's middle finger.

9. The combination of claim 2 wherein each finger guard has hook shape.

10. The method of guarding the first, third and middle fingers of a culinary worker, that includes the steps

- a) providing a device as defined in claim 1,
- b) inserting said middle finger into the space formed between the two guards,
- c) and also inserting said first and third fingers beneath said finger retention portions,
- d) and using said device during culinary cutting of an object with said plate shielding the user's fingers from the cutting tool.

11. The method of claim 10 including exerting sideward forces from said first and third fingers against guard portions at opposite sides of said spacing therebetween.

12. The method of claim 1 including providing each guard to have a terminal spaced from the plate, allowing the guard to flex during culinary use.